

Exercise Basics SPECIFICITY PRINCIPLE	PHOENIX FIRE DEPARTMENT HEALTH & FITNESS M. P. 1-A04.02 01/1998-N Page 1 of 1
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SPECIFICITY PRINCIPLE

The principle of specificity of training states that the way the body responds to physical activity is very specific to the activity itself.

For example, someone who jogs can expect that their jogging performance would improve as well as their aerobic conditioning. However, they should not expect their performance in other aerobic activities to increase significantly nor should they expect muscular strength or flexibility to improve.

This principle explains the importance of a well thought out multifaceted approach to fitness. The program should address health, job performance, and personal issues by including specific activities that improve each of these areas.